

Woman's World

Conducted by Helene Valeau.

HELENE VALEAU'S ANSWERS.

Miss Valeau will reply to all questions asked by the feminine readers of the Intermountain Catholic. The well-known character and authority of her replies need no introduction to those already familiar with her ability. Miss Valeau will take a kindly and personal interest in those who write to her, and will spare no pains in seeing that their inquiries are answered fully and carefully. Write only on one side of the paper. Address letters to Miss Helene Valeau, Intermountain Catholic.

Hope.—You are probably ruining your complexion by clogging the pores with powder and rouge. Pores must have air, you know, and they are spreading in an effort to get it. Wash your face at night for five minutes at least in water as hot as you can stand it, then with a soft cloth. Afterward rinse in cold water into which twelve drops of tincture of benzoin is put to a basin. Powder and rouge may be harmless if quite washed from the skin at night.

Mrs. E. A.—Some persons grow until they are more than twenty years old. I never heard that muscle binding affected the height.

L. L.—Do not use any consideration take arsenic internally if it has not been prescribed by a physician. It is bound to do you harm after a time. Your high color is the result of a physical condition. Avoid eating rich meats, take no alcoholic stimulants and drink plenty of water.

A. M. O.—Do not use henna on your hair. Try this first: One ounce of oil of eucalyptus, one ounce of mercury ointment. Rub with anything you wish and massage into the scalp nightly. I think you will find what you need. I am of the opinion that it is also suited to your little daughter, and I would use it for her. In shampooing her head use a raw egg instead of soap. She will probably require two eggs beaten with two tablespoonfuls of cold water. Rub this well into the scalp and wash off in clear water.

MY DARLING'S SHOES.

God bless the little feet that never go astray. For the little shoes are empty in my closet laid away! Sometimes I take one in my hand forgetting till I see it is a little half-worn shoe, not large enough for me; And all at once I feel a sense of bitter loss and pain. As sharp as when two years ago it cut my heart in twain.

O little feet, that wearied not, I wait for them to come. For I am drifting on the tide, but they have reached the shore; And while the blinding tides wait, they tread those little shoes of old. I try to think my darling's feet are treading streets of gold. And so I lay them down again, but always turn to say— God bless the little feet that now so surely cannot stray.

And while I thus am standing, I always seem to see Two little forms beside me, just as they used to be: Two little faces lifted with their sweet and tender eyes; Ah, me! I might have known that look was born in Paradise. I reach my arm out fondly but they clasp the empty air! There is nothing of my darlings but the shoes they used to wear.

O, the bitterness of parting cannot be done away. Till I meet my darlings walking where their feet can never stray: When I no more am drifting upon the surging tide, But with them safely landed upon the river side: Be patient, heart, while waiting to see their shining way. For the little feet in the golden sand can never go astray.

Useful Aids to Beauty.

It is easy enough to understand why bleached hair won't stay bleached and the roots constantly appear dark. The hair pigment is more copious at the roots and the continuous growth makes the dark line about half an inch from the scalp. It is unlikely if there ever lived a woman who, having bleached her hair, failed to regret it. The task is not only endless, but the results are always unsatisfactory.

When one is thin and unable to gain normal weight the daily cold bath, if one is strong enough to stand it, will often help to acquire sufficient vitality and assimilative power to gain flesh. If too fat the cold baths will help to consume or burn up the surplus tissue. If blackheads are very pronounced, puncture them with a fine needle and apply hydropine, which will assist nature to a speedy death. Wiping the face with diluted alcohol will remove the smaller ones.

A five-mile walk every day is not a bit too much for the woman who is gaining too much flesh. The change of diet should be done gradually, if one wishes to diet, so there will be no bad physical effects. Take salted toast, instead of bread and butter. Drink tea and coffee clear. Never have yeast bread, potatoes or butter. There are three prime fat-makers. Live principally on fresh green vegetables, fresh fruits, lean meats, poultry and fish. Unsweetened lemonade is also good. Sleeping should be limited to seven hours and as active a life as possible lived.

Never stay in a hot bath longer than ten minutes and do not let the water become so hot that it will cause perspiration. The reason so many people find hot baths weakening is because they allow the water to become too hot and stay in too long.

Peculiarities of Light Hair.

Among the difficulties met by owners of light hair is this: The center and ends of the hair shafts are light, while toward the roots the shade is decidedly darker. This makes the knot disagreeably suggestive of an artificial addition that is badly matched. In some cases this is caused by an excessive secretion of oil. If that is true, frequent shampoos—say once a week—should keep the hair toward the roots light and fluffy. To keep the hair from growing brittle under such treatment a good brilliantine or vaseline should be rubbed lightly on the palms of the hands; then gently stroke the shafts, taking a few strands at a time between the palms. Never allow the oil to reach the scalp. There is one woman whose light hair

is affected by washing in quite a different manner. It seems that the bath, in washing, away all the oil, leaves the hair dull and dry. The natural oil on the hair is what gives it its gloss. She is amused by the regular recurrence of the remark after a shampoo, "Why, your hair is growing darker." There may be others that experience the same results of shampoos, but the former is the more common.

Girls in the Business World.

Since women have entered the business world like a tidal wave, there is a host of questions going on as to how they are treated.

Half of them complain that men are rude. The others declare that men are angels of politeness.

Some clever people have been trying to sum up the situation and they believe that the girl to whom "hats are off" in the business world is the one who:—

Doesn't wear clothes that attract unpleasant attention.

Doesn't put paint and powder on her face instead of plenty of water and cold cream.

Doesn't think it is clever to use the latest slang.

Doesn't let men call her at any time without the prefix "Miss."

Doesn't make intimacies in the commercial world, but is courteous to every one.

Doesn't listen to gossip and private affairs and doesn't tell any of hers.

Doesn't expect every man to wait on her and take time to listen to her love affairs.

Doesn't say a man is rude merely because he is abrupt.

The Girl Nobody Liked.

She was sure that nobody liked her. She had told herself so again and again, with a queer tingling about her heart that was like a real pain. And she had tossed her head and set her lips in a defiant smile. Nobody should know that she cared. Never!

It was on her sixteenth birthday that Aunt Elizabeth made a suggestion which caused the girl to open her eyes, and then to laugh a little. It was such an odd idea—so like Aunt Elizabeth!

"Then, I'm to hold up everybody I meet till I've said something brilliant?" she observed.

"Not exactly," said Aunt Elizabeth smiling, unfurled. "But I've noticed that you pass your acquaintances with a mere nod or a curt 'good morning.' I wish you would try the experiment of saying something pleasant to each one, unless there is some good reason against it."

"It will grow rather tiresome," said the girl, and she shrugged her shoulders.

"Try it for a week," suggested Aunt Elizabeth; and, rather to her own surprise, the girl found herself promising.

She came very near forgetting her promise when she met Mrs. Anderson on the street the next morning. In fact, she had passed with her usual eyes, promising not, when the recollection of her promise flashed into her mind. She prided herself on being a girl of her word, and she turned quickly.

"How is Jimmy today?" she said, speaking out the first thing that came into her head.

There was a good deal of detail in Mrs. Anderson's answer. Jimmy had been sick with the measles, and then had caught cold and been worse. Mrs. Anderson poured out her story as if it was a relief to find a listener, and as she talked on, that particular listener found herself more interested than she would have believed possible in Jimmy and his mother. She said that she had some old scrapbooks which Jimmy might enjoy looking over, and Mrs. Anderson flushed and thanked her with more gratitude than the slight favor seemed to warrant.

At the very next corner was Cissy Bailey, and the girl wondered if her promise covered the washerwoman's daughter and people of that sort. But she did not let herself wonder very long.

"It was very kind of you to bring home the clothes so early last week, Cissy. I was in a hurry for that shirt-waist."

Cissy Bailey did not know what to answer. She smiled in an embarrassed way, and looking up and then down. But the girl who nobody liked had seen something in the uplifted eyes which warmed her heart and made that one-sided conversation something to remember.

The day went by, and she did not find opportunity to say anything very brilliant. She stopped Mrs. White to ask her if she would like to read the book she had just finished, and she patted little Barbara Smith's soft cheeks. She inquired if the new baby sister had grown at all. When she could think of nothing else, she said, "Haven't this been a beautiful day?" and her earnestness rather surprised some people, who had not had opportunities for realizing that there was anything unusual about the day.

The Charm of Personality.

Explain it how we will, we know it is true that a great many men owe much of their success to the power of a charming personality, a superb presence; and when we add to this, which is irresistible in men, the charm of beauty in women, can we wonder that there are many examples in history showing how the two combined have molded civilization, how they have changed the fate of nations, turned crowned heads and influenced courts of justice?

Many a man has been led into complications which have ruined him financially and morally through this indescribable fascination of personality. There is no influence which can compare with it when expressed in its most potent form.

There are women who have no physical attractions, and yet they have such charm of personality, such beauty of character, such grace of soul and poise of womanliness that everybody thinks of them as beautiful. Lovable, sweet and sweetness are more than a match for any degree of mere physical beauty.

We often hear girls lamenting that they are plain, that they have no physical charms like other girls, and they become sour and pessimistic, when, if they only realized it, they have that slumbering within them which, if awakened and developed, would infinitely more than compensate for any mere charm of face or grace of form, and would make them more popular, more beloved than many of the girls whom they now envy for their beauty. Most women overestimate the power of mere physical beauty and underestimate

mate the power of personal charm. Some of the great leaders of French society, who had infinitely more influence than the monarchs on the throne during their reign, were very plain physically. Madame Pompadour was anything but beautiful, and yet the king's influence was little compared with hers.

Cleopatra and Johanna of Naples had striking physical defects, which marred their beauty. Madame De Staël, who declared that she would gladly give up all her learning and brilliancy for physical beauty, swayed the hearts of the great men of France with a personal charm which was absolutely irresistible.

It is true that physical beauty gives a mere temporary satisfaction to the eye; but it does not hold and fascinate the mind as the charm of personality does. There is an intellectual quality in the charm of manner which the ignorant physical beauty never possesses.

The ignorant woman, no matter how great her physical beauty, cannot hold the interest of intelligent men very long. There is an incongruity and disproportion between the mere physical beauty and the brains which men of brains cannot stand, so that the possession of mere physical beauty when associated with an ignorant mind is even a handicap.

Some one has said, "Beauty only has the start in the race." It frequently happens that the beauty is egotistic, overbearing and makes the mistake of expecting to be entertained by her admirers, and does not exert herself to please and hence never develops the charm of manner which beats any charm of face or form. The plain girl, however, is often superior in tact, for, being obliged to study human nature closely in order to get the most out of companionship, she learns to depend upon this knowledge in her efforts to please. She is not dazzled by admiration, nor is she unduly confident when she obtains it that she will retain it.

Few of us realize how much we are influenced by a fine manner, a gracious personality; but it has influenced legislators, it has swayed presidents, it has robbed kings of their power. It is true that this power may be abused; but we cannot deny the fact that it is a tremendous force.

What fortunes have been made by men who possess this charm! Who can estimate the value of it to newspaper reporters and correspondents? It is said that there was scarcely a door closed to De Blowitz in all Europe, a private office or a place so exclusive that he could not enter it. All opposition seemed to give way before his magnetic personality. Doors which were barred to others would fly open to him.

There is something which comes from a great orator, which electrifies the audience, which seems to be independent of the words he utters—for many another man can speak the same words without producing one-hundredth part of the effect of that mysterious something which seems to emanate from the born orator's personality, which fascinates as if by magic.

Three Useful "Don'ts."

Don't wash his face in hot water before starting out for a walk. It opens the pores of the skin and makes them more sensitive to dust and dirt.

Don't use soap and water as soon as you return. Rub a good skin ointment on the face, and wipe off with a soft cloth.

Don't worry or drive the forehead together in a frown when bright light strikes your eyes. Nothing ages a woman so quickly as deep ridges on the forehead.

Relief of Rheumatism.

Put half a large coffee cup full of the best wine vinegar, the same quantity of turpentine and the beaten whites of two eggs in a large-mouthed bottle and shake thoroughly. Pour about a tablespoonful of this mixture on a piece of red flannel and apply where the pain is most severe. Over the flannel lay a small piece of oiled silk. Relief will be almost instantaneous.

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